Sale

Limited Thyme Sale

Starts Thursday 11/6 at 10am through Sunday

All Varieties of Stuffed Chicken Breast

$6.99 LB

while supplies last

Limited Thyme Sale

Starts Thursday 11/6 at 10am through Sunday

Amylu Organic Chicken Sausage

Sale

BUY ONE GET ONE FREE

while supplies last

ROOTED IN TRADITIONS

FRESH THYME MARKET

MY FRESH THYME
99¢ SATURDAY ONLY
Limit 2 per household

4.99
Farm Promise Uncured Bacon Applewood or Hardwood
12 oz

99¢ LB
Honeycrisp Apple Bulk or Totes

3.99 LB
80% Lean Grass-Fed and Finished Ground Beef
3 lb or more per package, less than 3 lb $4.49 lb

ROOTED IN TRADITIONS
HOLIDAY GATHERINGS OPEN HOUSE
SATURDAY NOV 8th
11am - 2pm

California Navel Oranges
3 lb bag
2.99

Raspberries or Blackberries
6 oz
2/$5

Jumbo Blueberries
9.8 oz
3.99

Green Asparagus
2.99 LB

Brussels Sprouts sold in tote bags, Broccoli Crowns, or White Cauliflower
1.49 LB

Fresh Express Garden Salad 12 oz, Shredded Lettuce 8 oz, Spinach 8 oz, or Cole Slaw 14 oz
2/$3

ALL-NATURAL
All-Natural Boneless Skinless Chicken Breast
3.49 LB

ALL-NATURAL
Certified Angus Beef® Boneless New York Strip Steak
14.99 LB

Fresh To Cook Atlantic Salmon Portion
6oz
Fresh Atlantic Salmon Portions 6 oz.....2/$10
2/$12

Calousal 8/12 ct Raw EZ Peel or Large 31/40 ct Cooked Shrimp
Limit 2 lbs at 7.99 lb; Limit 3 lbs at $10.98
Red Prawn Cold Shrimp
16/25 ct 16 oz.....9.99 LB
7.99 LB

Holiday
SKI PASS
7 RAD DEALS for 7 WEEKS
OPEN FRESH THYME APP & CLIP COUPONS TO REDEEM

11/5 THRU 11/11
Buy One Get One Fresh Thyme 4pk Muffins

Sartori or DeLallo Cheese or Olives
select varieties, 6-13.5 oz
BUY ONE GET ONE 50% OFF

Fall Seasonal Bakery Desserts
select varieties, 4.2-16.2 oz
while supplies last
BUY ONE GET ONE 50% OFF

Good Foods Dairy-Free Tzatziki, Spicy Queso Blanco, Nacho Cheese or Dill Pickle Dip
8 oz
4.99

Kevin's Natural Foods Fresh Entrees
10 varieties, 10 oz
BUY ONE GET ONE 50% OFF

Fresh Thyme or Brew Dr. Organic Kombucha
14-16 oz
2/$4

Daiya Dairy-Free Cheese
7.4-7.8 oz
3.99

Malk Plant-Based Milks
28 oz
4.99

Protein Pints Ice Cream
16 oz
5.99

Kodiak Power Waffles or Flapjacks
6-15.38 oz
5.99

Boulder Canyon Potato Chips
party size, 11 oz
2/$9

Rao's Pasta Sauce
11 or 24 oz
6.99

Traditional Medicinals Organic Tea
16 ct
4.99

IT'S APPLE SEASON!

Granny Smith

99¢LB

Perfect for baking and great eaten fresh for lovers of all things tart.

Pink lady

99¢LB

Very versatile for snacking, baking, salads, and sauce

Pazazz Apple Totes

1.49LB

Makes a perfect pick for snacking and brightening up desserts.

SweeTango Minneiska Apple Totes

1.99LB

Crisp and sweet with a lively touch of citrus, honey, and spice.

Gold Delicious

99¢LB

A mild and honey-sweet flavor with a crisp, juicy bite.

Gala

99¢LB

Crisp, snappy bite with mellow sweetness. Popular apple for fresh eating and cookings

Fuji

99¢LB

Makes a perfect pair for salads and baking

Red Delicious

99¢LB

A classic sweet flavor perfect for fresh snacking and light salads.

Organic Blueberries or Raspberries
6 oz
3.99

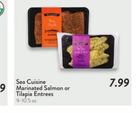
Organic Grape Tomatoes
10 oz
1.99

Giorgio Organic 16oz Whole White, Bella, or 6oz Portabella Caps
2.99

Let us do the cooking
Reserve your fully cooked Thanksgiving Meal today!
Frisk's Smoked Whole Turkey, Gruyere Garlic Mashed Potatoes, Green Bean Amandine, Rainbow Carrots with Lemon Herb Butter, Haagens Cranberry Relish, Turkey Gravy, Cornbread Sausage & Sage Stuffing
reserve in store or call today!
ROOTED IN TRADITIONS
Turkey Holiday Meal
$99.99
Serves 6-8 people

Certified Angus Beef® Sirloin Tip Roast
6.99 LB

Perdue Simply Smart Organic Breaded Crispy Strips, Nuggets or Tenders
20-28 oz
10.99



Sea Cuisine Marinated Salmon or Tilapia Entrees
6-10.5 oz
7.99

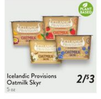
Boar's Head
No fillers, artificial colors, flavors, or trans fats. Always gluten free

10.99 LB
Boar's Head BourbonRidge Uncured Ham

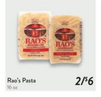
11.99 LB
Boar's Head Cracked Pepper Mill Turkey Breast
Boar's Head Cooking Wisconsin Cheddar ..... 7.99 LB

13.99 LB
Boar's Head Corned Beef Top Round

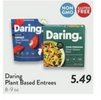
20% OFF
Ancient Nutrition Wellness Supplements entire line on sale
25% OFF
Barlean's Nutritional Oils entire line on sale
25% OFF
Andalou Naturals Facial Care select varieties and sizes
20% OFF
Pacha Soap Co. Handcrafted Soap and Bath entire line on sale



Icelandic Provisions Oatmilk Skyr
5 oz
2/3



Rao's Pasta
16 oz
2/6



Daring Plant Based Entrees
8-9 oz
5.49

Daiya Dairy-Free Pizza
13.67-19.4 oz
6.49

Rocky Mountain Soda Co. All Natural Soda Pop
12 oz, 4pks
BUY ONE GET ONE FREE

Fresh Thyme Organic Tortilla Chips
10.5 oz
2/6

Skinny Pop Popcorn
4.4 oz
2/6

Groundwork Coffee
10-12 oz
12.99

Smash Foods Snack Bites
1.8 oz
2/5

Lundberg Rice
8 to 32 oz
BUY ONE GET ONE 50% OFF

Kettle & Fire Broth
16.9-32 oz
BUY ONE GET ONE 50% OFF

Fresh Thyme Fresh Ground Peanut Butter
priced per lb
2.99 LB

Prices valid 11/05/25-11/11/25 at our Michigan locations

We reserve the rights to correct pricing errors. Not all items available in all stores. We reserve the rights to limit quantities. Bottle deposits in addition to the price shown, where applicable. Beer and wine purchases are subject to state laws. WIC-eligible items available in Hope and Gospel Spun store locations only. 9% max of FSS fl. oz. of beer and 5.05% vol. of wine can be purchased at any one time.

PAGE 2 - WK 45 (45-46-47-48-49-50-51-52-1-2-3-4-5-6)* - All ad items are subject to availability.

AUTUMN SERENITY

Try this essential oil recipe today!

ADD THE DIRECTED AMOUNT OF DROPS TO YOUR DIFFUSER FOR A SCENTSPLOSION!

CARVE UP A MOUNTAIN OF DEALS

Holiday SKI PASS

7 RAD DEALS for 7 WEEKS!

OPEN FRESH THYME APP & CLIP COUPONS TO REDEEM

SEE COUPON FOR MORE DETAILS

11/5—11/11

BOGO FREE
Fresh Thyme Muffins
4 pack

11/12—11/18

Save $5 on Fresh Thyme brand products
when you spend $15 or more

11/19—11/27

FREE bag of Ocean Spray Cranberries
when you spend $15 or more in produce

11/28—12/2

FREE 12 oz of Farm Promise Bacon
when you spend $50 or more

12/3—12/9

FREE 4 inch stem Poinsettia
when you spend $60 or more

12/10—12/16

BOGO FREE 10 oz Kalamazoo Candle Co. candle

12/17—12/25

FREE package of 4 ct fresh baked cookies
when you spend $30 or more

TRY SOMETHING NEW
THIS WEEK ONLY!
WATERMELON
STRAWBERRY LEMONADE
LEMON LIME
WaterBoy
DAILY Hydration
WEEKEND Recovery
WORKOUT Hydration
WaterBoy
BOGO
40% OFF
SHOP NOW
0g Sugar
4-9x Electrolytes
Hydration + Function
Gluten Free

RAINBOW LIGHT®

Not All Multis Are Created Equal

One Brand Shines Brighter

- Real Food Nutrients
- Trusted for 40+ Years
- Multis for Every Age

Shop Rainbow Light®

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.